

# Hot Smoked Bowls with Blood Orange Sesame Dressing

Makes 2 servings

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## Ingredients

1 tablespoon extra virgin olive oil  
1/4 cup diced yellow onion  
2 garlic cloves, minced  
1/2 cup shredded carrots  
4 cups mixed dark leafy greens (like kale and spinach)  
1 teaspoon soy sauce  
1 teaspoon toasted sesame oil  
1/4 teaspoon fine sea salt  
1 cup cooked brown rice  
6 to 8 ounces hot smoked salmon, flaked into large pieces  
Black sesame seeds for garnish

## *Dressing*

3 tablespoons fresh blood orange juice  
1 tablespoon toasted sesame oil  
1 tablespoon soy sauce

## Preparation

Heat the oil in a large skillet over medium-high. Add the onion and cook until it barely begins to soften, about 3 minutes. Add the garlic and carrots and cook 2 more minutes, until fragrant. Reduce the heat to medium and stir in the greens. Cook 2 to 3 minutes, until wilted and bright green. Stir in the soy sauce and then the sesame oil and salt. Set aside while you prepare the dressing.

Whisk together the dressing ingredients in a small dish.

In each of two bowls, arrange a 1/2 cup of rice, half of the salmon, and half of the greens. Drizzle each with half of the blood orange dressing (or serve it on the side).

Garnish with black sesame seeds and serve.

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